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N E W T U N B R I D G E W E L L S,  
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R u l e s f o r D r i n k i n g t h e W a t e r s;  
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A P L A N O F D I E T F O R I N V A L I D S  
L A B O U R I N G U N D E R  
C H R O N I C C O M P L A I N T S.

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By the late HUGH SMITH, M. D.  
AUTHOR OF LETTERS TO MARRIED WOMEN ON THE  
MANAGEMENT OF INFANTS.

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A  
T R E A T I S E  
ON THE

Mineral Spring, &c.

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THE Medicinal Use of Mineral Waters has at all Times engaged the Attention of the most able Physicians, who have pursued the Practice of Physic upon rational Principles; and Experience has convinced Mankind of the great Benefits which may be expected from them, when properly administered, even in the most debilitated Constitutions. But the noblest Bounties of Nature are oftentimes

abused ; and the Folly of Man frequently perverts the Wisdom of Providence.

In no one Instance, perhaps, is this Observation more clearly exemplified, than by the absurd and ridiculous Mode of administering these Waters. The present erroneous Maxims and Opinions disappoint thousands of Invalids of the Benefit they might receive from a proper Use of Mineral Waters.

Even the salubrious Waters of the Bristol Well are often brought into Discredit, by the improper Conduct of Patients ; and the Virtues of the Bath Waters are likewise called in question, by many Persons who have returned to their Homes with Discontent, because they have, by their own Imprudence, disappointed themselves of the medicinal Efficacy of the Spring.

The same Observation holds good with respect to the improper Use of Sea Water. How many daily sacrifice their Health and Strength by dosing themselves with Sea Water ? Many there are who, from a Kind of Fashion, pass a considerable Part of the Summer at the various Bathing-Places upon our Coasts. They professedly go thither for Pleasure only, and punish themselves, from the strong Force of Example,

Example, by nauseous and daily Drenches of Sea Water—till at length they become so relaxed and weak, they are no longer able to resist the oppressive Heat of the Summer, and fall a Sacrifice to some of the worst Kind of Fevers.

These Facts are so notorious that I need not dwell upon them. I mention them only to caution the Public at large against such pernicious Consequences.

At Bath, and at the Bristol Wells, there are able Physicians, who will, *I trust*, direct their Patients in the proper Use of those Waters, if they are wise enough to apply to them, and prudently follow their Directions.

But with respect to the Use of Sea Water, and also the Chalybeate Waters, Mankind in general are their own Physicians. Those who frequent the Bathing-Places, or the Chalybeate Spring of New Tunbridge Wells near Islington—*nineteen out of twenty* of them are governed by their own Opinions, or by the Example of others they meet at such Places, who are as much mistaken as themselves.

To such Invalids, therefore, I particularly address myself.—The World, it must be confessed, are too fond of Quackery—but if they will continue to quack themselves, it is at least meritorious to prevent them doing a real Injury to their Constitutions, by putting them in a better Way of managing themselves.

I *however* think it my Duty, as a Well-wisher to Mankind, to advise every one who is really ill to consult the Person who has the Care of his Health, not only as to what should be taken preparatory to the Use of the Waters, but likewise as to the Quantity proper to be drank, the Regimen necessary to be pursued while he is drinking the Waters ; and, *in many Cases*, to be directed to some little medicinal Aid, which may be thrown in, at proper Intervals, to assist the Efficacy of the Waters themselves. Without these Precautions, Half of the Patients deprive themselves of the Advantages they might receive from the Use of Mineral Waters.

With regard to the improper Use of the Sea Water *internally*, I have already given a Caution. And perhaps many of those who frequent the Bathing-Places, may find some of the following Hints worthy their Attention, especially Invalids.

I come now to speak of *the native Chalybeate Water*.—It is a powerful Remedy for the curative Intention of most chronic Complaints. Its Efficacy *alone*, when properly administered, will remove many Disorders. When aided and assisted by the Judgment of an able Practitioner, it will oftentimes combat the most obstinate and complicated Diseases.

Such is the Spring at the New Tunbridge Wells, near Islington—in my Opinion, equally good and excellent, and, drank upon the Spot, *preferable* to those of the German Spa when brought to England. The Reasons are well known to such as are acquainted with Chemistry.

I call it *a native Chalybeate Water*, because it cannot be counterfeited by Art.—In all artificial Solutions of Steel an Acid must necessarily be used; this gives a Roughness and Acrimony to the Water, which sufficiently distinguishes the artificial from the real; and the *artificial* falls greatly short of the *real* in Point of its medicinal Virtues.

There is another Excellence in the Spring we are now speaking of:—it is totally free from any of those cathartic Salts, with which the Scarborough, and many other Mineral Waters are impregnated besides the Steel.

Such

Such Waters may be properly styled compound Mineral Waters;—they are different in their Operation from those of the simple Kind we are now speaking of, and not to be compared with them in Point of their medicinal Efficacy.

It is foreign to my present Purpose to enter into the chemical Analysis of the native Chalybeate Waters, and indeed, at this Time, their component Particles are so well known that it is altogether unnecessary. I am speaking to Invalids, who wish only to experience their Virtues, and to be instructed in the proper Method of using them.

The native Chalybeate Waters are salutary in most chronic Complaints.

*Chronic* is a Term of Art, derived from the Greek Word *CHRONOS*, *Time*, and comprehends every Disorder which has been of long standing : It is used in direct Opposition to *acute* Complaints, such as the general Kind of Fevers, &c. *Acute* Complaints necessarily confine Patients to the Bed, or the sick Chamber ; and terminate quickly, either by a favourable, or an unfavourable Crisis. On the contrary, Patients are seldom confined by *chronic* Complaints, and these are not only tedious and troublesome, but often fatal in the End.

Under this Head may be ranged all such Errors in the Constitution as proceed from a debilitated and relaxed State of the muscular Fibres ; or a Weakness of the nervous System.

Sometimes these Errors happen from the natural Tenderness and Delicacy of the Constitution ; oftentimes from Indolence, or an inactive sedentary Life ; frequently they are the unhappy Consequences of a long and painful Illness—of Intemperance—of the improper Use of violent, or mercurial Medicines.

Hereditary Evils frequently entail such Errors, and they often arise from a Variety of accidental Circumstances, that no human Wisdom can possibly foresee, or guard against.

The following are justly to be ranged under this numerous Tribe of chronic Complaints.

*Nervous Diseases of all Denominations.*

*Hypochondriac and Hysteric Complaints.*

*Glandular Obstructions in both Sexes.*

*Asthmas, especially those of the spasmodic Kind.*

*Loss of Appetite and Indigestion.*

*Nervous Head-achs and involuntary Twitchings.*

*Dropsical Complaints of every Denomination.*

*Dejection of Spirits and painful Watchings.*

*Profuse Sweats and Hectic Fevers.*

*Impurities in the Blood and animal Juices.*

*Blotches and scorbutic Eruptions upon the Skin.*

*All bilious Complaints without a Fever.*

*Disorders in the urinary Passages.*

*Paralytic and Gouty Complaints, &c. &c.*

It is not my present Business to describe at large this terrible List of human Infirmities.—It is a painful Task to enumerate them. *Unfortunately*, the greatest Number are too well known, and too sensibly felt, by Patients themselves. The following Observations, *however*, may not be unseasonable. Nervous Symptoms deceive Men more than any others; and when these Errors have got fast hold of the Constitution, the Patient becomes intolerably wretched—he fancies at Times that he labours under most of the Diseases before-mentioned; and being wearied out, with trying different Prescriptions in vain, his Patience is exhausted, he despairs of Relief, and gives himself over as lost. Nevertheless, his Case *perhaps* may not be so bad as he supposes it to be, if there be any tolerable Degree of Strength remaining in the Constitution. It is true, that his Misfortunes center in one general Evil; and produce, in the true and literal Sense of the Word, a *wandering Gout*.

This is a formidable and a treacherous Enemy. It oftentimes assails us unexpectedly, and if the Patient be not happy enough, by skilful Treatment, to have it eradicated altogether, or at least

least thrown upon the Extremities, he falls a pitiable Sacrifice, and oftentimes pays the great Debt of Nature before half his Days are run.

These are serious Facts. But it is one great Point towards a Cure to know the Disease. I speak this from my own Feelings—from the Comfort I now experience, by enjoying a better State of Health than formerly. I have also the further Satisfaction of having been instrumental, under Providence, in the restoring of many miserable Beings, labouring under the Influence of this cruel and complicated Disease, to a State of Comfort, Health, and Happiness.—They little imagined their Complaints to be a wandering Gout, till a regular Fit upon the Extremities proved the Truth of my Prognostics, and relieved them from their Infirmities. These are great Inducements to me to endeavour to put others upon a right Track, to recover their lost Health, together with their Strength and Spirits.

*Chronic Complaints* are totally opposite to inflammatory Diseases, which require Evacuations to reduce the quick, hard, and throbbing Pulse, and pull down the animal Strength. In chronic Complaints, muscular Motion is universally oppressed, the Pulse languid, and the Strength of the Constitution much below Par. Therefore, unless accidental Circumstances intervene, Bleed-

ing is improper, violent Cathartics are injurious, and all Evacuations which tend to reduce the Strength of the Patient must be avoided: such Practice is unwarrantable, unskilful, fatal. Nature, in chronic Complaints, requires a Spur; and the native Chalybeate Water, when properly administered, is a powerful Spur indeed—but many unskilful Riders are continually thrown out of the Course, by using it too furiously.

It is a ludicrous, but a true Observation, that the World, in general, think they cannot have too much of a good Thing: Hence the common Blessings of Life oftentimes become the Sources of Misery. The hospitable Table is thus abused by the voracious Glutton, while the beastly Drunkard has Reason to curse the generous Juice of the Grape. But will any one presume, from these Considerations, to argue, that Food is not necessary for the Support of Man? or that generous Wines are not refreshing Cordials to the Temperate and the Wise? It is not the proper Use, but the absurd Abuse, that renders many Things poisonous, which are, in themselves, not only innocent, but even salutary to animal Life.

To bring this Observation home to our present Purpose—I mean first to speak against the Abuse of the native Chalybeate Water—It is a mistaken Notion and a vulgar Error, that Patients cannot  
drink

drink too much of this Water.—I have often heard Men boast of the very large Quantity they drink of it daily; and of its wonderful Effects in passing off by the Bowels, especially by Urine. They ignorantly imagine that all its Virtues depend upon its passing off quickly, and by this erroneous Conduct, many Persons deprive themselves of the Benefit they might otherwise receive from the Waters. A Pint of the Tunbridge Water contains about four Grains of Steel. In my Opinion this is a sufficient Quantity for the strongest Constitutions, and too large a Dose for delicate and nervous Patients. This Doctrine is *perhaps* new, but I hope to prove that it is true likewise.

I do not wish the Public to adopt it rashly. No Man has a Right to expect another to give up his own Opinions, unless he can convince him that they are wrong. So, *likewise*, no Man has a Right to expect another to *think* as he does, unless he can convince him that the Thoughts are right. It has ever been my Study, with all Persons who labour under chronic Complaints, to endeavour to make them clearly comprehend the curative Intentions of the Regimen they are to pursue. By this Means their rational Confidence is engaged, and they steadily conduct themselves thro' the Course prescribed. Such Patients must be convinced that a Physician understands their Cases, before they will submit themselves to his Directions. And, indeed,

indeed, it will be impracticable to give the intelligent Reader an adequate Idea of the daily Abuse of Chalybeate Waters, without entering a little into the immediate Causes, as well as the curative Intentions, of chronic Complaints. For this Purpose I must introduce to his Acquaintance a most accurate medical Inquirer: an Author that has ever been in the highest Reputation with all Men of Learning who have perused his Works. The following Aphorisms of Sanctorius are applicable to chronic Complaints, and will fully illustrate the present Subject. His Authority is not to be doubted; and I beg the Aphorisms may be perused with Attention.

#### SANCTORIUS'S APHORISMS.

*“ If a Physician who has the Care of another’s  
 “ Health is acquainted only with the sensible Sup-  
 “ plies and Evacuations; and knows nothing of the  
 “ Waste that is daily made by Insensible Perspi-  
 “ ration; he will only deceive his Patient, and  
 “ never cure him.*

*“ To evacuate too much by Stool, Urine, or  
 “ Sweat, and perspire less than usual, is bad.*

*“ Whensoever Nature is disturbed in the Business  
 “ of Perspiration, she soon begins to be defective in  
 “ many more of the animal Functions.*

*“ They who feed or purge in the Hours when  
 “ they should most perspire, which are those in the  
 “ Morning,*

“ Morning, are very much the worse for it, because  
 “ thereby they hinder Perspiration.

“ Imperceptible Perspiration lightens the Body  
 “ more than all the sensible Evacuations together;  
 “ for after Sleep every one may perceive himself  
 “ lighter, without any of the sensible Secretions;  
 “ because he REALLY is so, by about three Pounds.

“ Sixteen Ounces of Urine are generally evacua-  
 “ ted in the Space of one Night; four Ounces are  
 “ evacuated by Stool, and forty Ounces and up-  
 “ wards by Perspiration.

“ There is as much carried off by insensible Per-  
 “ spiration in the Space of a natural Day, as by  
 “ Stool in the Course of five Days.

“ What must then be thought of those Physicians  
 “ who, in all Manner of Distempers, have Regard  
 “ only to what is evacuated by Stool and Urine,  
 “ and never take any Notice of the Discharges by  
 “ insensible Perspiration? ” \*

\* Insensible Perspiration is a very comprehensive Expression. It means not only what is daily carried off by the Pores of the Skin, but what passes off likewise by the Breath, which Sanctorius informs us amounts to half a Pound in the Course of a Day. It also comprehends the internal glandular Secretions. But such as wish to be further informed, may consult his Aphorisms at large. I am well aware of the Difference of our Climate and Manner of Living. Sanctorius was Professor at Padua in Italy, where these Observations were made. But Dr. Keil of Northampton confirms the Principles; although he differs something, but not to affect our Arguments, in the daily

These Aphorisms being clearly comprehended, my Reader will be able to accompany me in the following Narrative without any Difficulty, and, I hope, with Pleasure.

Let us first take a cursory View of Nutrition. Animal Life is supported by the Food we daily receive. When the Aliments have passed thro' a State of Digestion, the grossest Parts, unfit for Nutrition, are carried off by Stool; the next impure Parts go off by Urine; and the Remainder, which may be fairly estimated at one half of our daily Nourishment, ought to be carried off by insensible Perspiration; that is, by the Pores of the Skin, by the Breath, and the various glandular Secretions. So long as these Functions are properly performed, Man continues in Health; but when a Redundancy of crude and imperfect Particles are retained in the Blood and Juices, which Nature intended to be thrown off by insensible Perspiration, the Body becomes diseased. The bold and forcible Efforts of the Constitution to throw off this intolerable Load produce acute Complaints. The feeble Efforts of a too delicate, nervous, and relaxed Constitution, produce chronic Complaints. These may be properly stiled the immediate Causes; but as chronic Complaints differ from each other, so also their first or remote Causes are different: Nevertheless, it is this Load of crude and imperfect Humours which produce the general Errors in all Constitutions, and the

general curative Intentions are the same. An active Stimulus is necessary to be thrown into the Constitution, to be retained in the Circulation — to stimulate the excretory and internal Glands — to break, divide, and subtilize these crude Particles floating in the Blood and Juices, so as to expel them by Insensible Perspiration — and ultimately to brace up the relaxed Fibres, and strengthen the nervous System. Having thus explained the Nature of chronic Complaints in a simple, plain, and familiar Manner, I trust that it is unnecessary to use any farther Argument to prove the Absurdity of directing chalybeate Waters to pass off quick by the Bowels, especially by the urinary Passages.\*

Before I proceed to Rules for drinking the Waters, altho' it is the Province of the Physician *only* to consider and to remove the first and remote Causes of chronic Complaints, I shall touch slightly upon some of them, well known to Patients themselves, with a View to guard against their pernicious Consequences. A Want of proper Air and Exercise, irregular Hours, and Intemperance ; the Indulgence of irregular Passions, and all such Pursuits as relax the Constitution, and render the nervous System too exquisitely sensible. For this Reason, delicate Habits of Body are continually subject to them ;

\* If my Reader be satisfied in this Point, he will readily agree with me, that a Pint of these Waters is a full Dose.

and they are the constant Attendants of advanced Life. Even Disappointments and Vexations, from which no Mortal is exempt, by long Continuance will unhinge the animal Œconomy. Dwelling incessantly upon disagreeable Objects enervates the Mind of Man; and such is the relative Connection betwixt the mental and corporeal Faculties, that the Mind cannot long sustain great Afflictions, without the Body being disordered likewise.

Hence it is evident, that a Dejection of the Spirits alone will, in the Course of Time, produce real bodily Complaints, which must be removed before the natural Chearfulness of such Patients can return; and they oftentimes prove intolerable Burthens.

What can be more distressing than a Loss of Appetite, and a Loss of Strength, accompanied with a total Dejection of the animal Spirits? Nothing surely—except the daily Insult of being told, by their mistaken Friends, that they must keep up their Spirits—that they must not give Way to their Complaints, and that they might be well if it was not their own Fault. Alas! they little think, or know, what such unhappy Beings feel. It would be more rational to tell them to change their Bodies—it being impossible for them to support their Spirits, till the Errors in their Constitutions are removed. Such Patients are under the Influence of a real Disease.

Disease. Were it possible for these mistaken Friends to change Situations, but for a single Hour, with those who are *pleasantly*, but *cruelly*, called *hippish*, a Tendernefs and Concern for their Misfortunes would take Place of Anger and Rebuke.

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#### RULES FOR DRINKING THE WATERS.

Preparatory to drinking the Waters, some gentle Evacuations by Stool are necessary. Mild Cathartics are to be preferred, especially such as cleanse the first Passages; those of the more violent and heating Kind are to be avoided.

During the Summer Months, the Chalybeate Waters should be taken fasting, and in the early Part of the Morning, before the Heat of the Day renders Exercise fatiguing.

During the Winter Months these Waters should be drank betwixt the Time of Breakfast and Dinner. At this Season of the Year those Hours are the most proper for Exercise; and Exercise is essentially necessary to produce salutary Effects from the Use of Chalybeate Waters; as will be shewn hereafter. May I be permitted

to hope that I shall claim the Attention of the Public upon this Point? Many Persons reside near the Chalybeate Springs in Winter, who are at too great a Distance, in the Summer Months, to reap any material Benefit from the Waters, which ought ever to be taken upon the Spot; and Experience has convinced us, that the Chalybeate Springs are in as high a State of Perfection in frosty Weather as at Midsummer. Other powerful Arguments present themselves upon this Occasion. In all Habits of Body, insensible Perspiration is considerably lessened, during the Winter Months. The Irregularity of a Town Life *also* tends to relax and debilitate the Constitution. After passing the Night, in that Round of Dissipation which at present too much engages the Attention of the Public, even the Ladies themselves must confess the uncomfortable Feelings of the Morning.—What, then, must the Men of Pleasure suffer, who too often indulge themselves in every Species of Debauchery during their riotous Nights? The exhilarating Quality of the Chalybeate Waters will prove the best Cordial upon these Occasions, and tend to produce that Flow of Spirits which is the great Reward of Temperance.

Chalybeate Waters are not intended to promote any of the sensible Evacuations. They are to be received into the Habit, to correct the Impurities of the Blood and animal Juices; to  
remove

remove glandular Obstructions ; to promote insensible Perspiration ; to brace up relaxed Fibres ; and to strengthen weak Nerves : Therefore an immediate Benefit can seldom be expected from them. Errors of long standing, that have taken fast Root in the Constitution, require some Time to be eradicated. For this Reason, such as are really ill should be very regular, for the first Month, in the daily Use of Chalybeate Waters. After that Period they may relax occasionally ; but those Patients will act wisely who continue them pretty constantly for some Months. Such Persons as reap an Advantage from the Waters need not be reminded of this, nor of returning to them again in the following Season. Inclination, if not Necessity, will prompt them to revisit the reviving Chalybeate Springs.

We are now come to the most arduous Part of our Subject, the Quantity *proper* to be taken of these Waters. We have already cautioned the Public against too large a Dose ; but it is not so easy, *in all Cases*, to adjust the proper Quantity. In bilious Complaints, and where there are Errors in the first Passages, that Proportion will offend the Stomach, occasion the Cholic and other Inconveniencies, which may be taken with great Propriety where no such Disorders exist. But as I have before mentioned the Necessity of preparing the Stomach and Bowels, by some proper Evacuations, for the Reception of Chalybeate Waters, this Inconvenience cannot be

more effectually guarded against by general Directions.

In a Word, *therefore*, at all Times, and by all Patients, this should be the governing Rule of their Conduct—never to take so large a Dose of Chalybeate Water as to occasion a quick Discharge by Urine, or to produce purging Stools; and, indeed, never to take so large a Quantity as to become a Weight, that may oppress the Stomach, cause Flatulencies and Tremblings, or render the Head light and uncomfortable, as if in some Measure intoxicated. Where the Constitution is too delicate, and the nervous System is too exquisitely sensible, surprising as it may appear to those who are unacquainted with these Waters, even small Doses will sometimes produce a Giddiness; especially at the beginning of the Course. Thus much for general Rules—To descend to Particulars; a Quarter of a Pint will be sufficient for weak and delicate Persons to begin with; this Quantity may be gradually encreased, as their own Observations direct, so as no sensible Evacuations are too quickly promoted, or the Inconveniencies before-mentioned experienced. But half a Pint, or a little more, will prove a full Dose for such Patients. I would recommend taking it at two or three Draughts, waiting a Quarter of an Hour or longer between. Persons of stouter Stamina, and whose Constitutions are not so feeble, may begin with a little larger Dose, using the same Precautions: and

such Patients may, if no Obstacle arises, take a Pint for their full Quantity.

But as accidental Circumstances may occur if any of the Inconveniencies before recited should be experienced, at any one Period during the Course of Chalybeate Waters, the Quantity must be immediately decreased, till such Difficulties be removed.

I must add a friendly Caution, the Propriety of which speaks for itself, that whenever a costive Habit of Body prevails, and in such other Cases as render an opening Medicine necessary to be occasionally taken, it will be best administered at Bed-time; that the Operation of the Medicine may be over before the Waters are taken in the Morning. One Thing farther may be proper to mention, that little or no Supper should then be taken.

It is farther to be remarked, that Exercise should ever be used between the Draughts of the Water; and that of walking briskly is preferable to all other Exercise. It wonderfully promotes the Efficacy of the Chalybeate Water, prevents its passing off too quickly by Urine, and if a gentle Perspiration, not amounting to a Sweat, can be promoted, it is a sure Prognostic of immediate Benefit; that Flow of Spirits

which accompanies it, will convince every Patient of the Truth of the Observation.

I am the more particular in enforcing this Rule, because the general Indolence which attends chronic Complaints is too apt to induce Patients to retire to the Rooms, and sit motionless, the Moment they have taken the Waters. For their own Sakes I hope they will act otherwise.

It is much to be wished some Amusement could be pointed out, that should invite Invalids to be continually in Motion, while they are at the Wells. Dancing is too violent, and (medically speaking) too irregular a Motion, to answer the Purpose; but some active Pursuit might possibly be found out, if the Company were to pay a proper Attention to the necessity of it.

There is another Mistake, and in my humble Opinion a great one too, although it has received the Sanction of Men whose Judgment upon most Occasions is not to be doubted: I mean, that of taking off the Chill of the Chalybeate Water, by adding boiling Water: it immediately becomes turbid, and in some Degree the Chalybeate is decomposed; which in a great Measure destroys the Efficacy of the Spring. I rather

ther think this Advice has been given by Way of Indulgence to their Patients, and contrary to their own better Judgments.

To the same Cause we may also ascribe the absurd Custom of tepid bathing in a Morning, that Patients may indulge in the pleasurable Amusements of the Evening. I think it my Duty to speak of these Errors, and to caution Invalids against such mistaken Practices.

A  
P L A N O F D I E T  
F O R  
I N V A L I D S.

**I**N a former Publication it was remarked, that Experience in Physic is the surest Path to tread, and considering what poor crazy Constitutions too many of the human Race are unhappily obliged to support, no one can be too particular in attending to such Habits as have proved friendly in similar Cases, thereby preventing not only slight Indispositions, but possibly terrible and fatal Diseases.

A Dietetic Plan may with Propriety be called an essential Branch of the Healing Art; and it has hitherto been too much neglected or mistaken, notwithstanding it is of the greatest Importance to assist the curative Intentions in Diseases, as well as to preserve delicate and feeble Constitutions; and by proper Attention to Diet alone, we are frequently enabled to render advanced Life easy and comfortable.

When

When the Physician, by means of Medicines, has subdued a Disease, unless the Patient be put upon a proper Method of Diet, Exercise, &c. to prevent a Relapse, the Work is oftentimes labour in vain. A few Observations upon Food, to enable Patients in some Measure to judge for themselves of what is fit or unfit, will, I trust, prove acceptable; as Physic and good Nursing ought ever to go Hand in Hand. The Reader will be pleased to take Notice, I am giving Directions to Invalids; the Glutton will not be satisfied with my Meal, neither will the Epicure relish my Dishes. Yet I would wish this friendly Caution, at least, to be attended to by those who enjoy the highest Advantage of Health; place not too much Confidence in the supposed Strength of a good Constitution, one Night's Debauch, may, too late, convince you — you have been mistaken.

First, with respect to Vegetables. Those who are subject to Hectic Heats and Burning Fevers, and wish to escape the Rage of Inflammatory Disorders, particularly if their Constitutions have been already shaken by such Complaints, cannot use them too plentifully; especially during the Summer Season. But Experience convinces me, that a Vegetable Diet is not altogether proper for Children, and  
also

also that it is more friendly to Young Men and Women than to such as are farther advanced in Life.

Where the Constitution is susceptible of Gouty Complaints, if the Stomach has been affected by frequent Spasms, such Persons must be exceedingly cautious in the Use of Vegetables, especially at the Time the Stomach is disordered. One gross Mistake we lie under I cannot pass by unnoticed ; I mean the pernicious Practice of eating Pepper with such Food, without being finely powdered, which is too often the Case ; Gouty Persons, who think this Seasoning necessary, would do better to avoid Vegetables. The common Argument in vindication of its supposed Excellency is, that it prevents Vegetables from cholicking : But I am convinced that Pepper taken in a rough coarse Manner, often occasions the Cholic, which might clearly be demonstrated. It is not however my Design to enter into Arguments ; all that I mean is to give useful Hints to those who find it necessary to nurse themselves, and to correct some common Errors in our Method of living.

Thus far I grant, if the Man who has been long accustomed to high seasoned Soups, rich Wines,

Wines, and cordial Liquors, was of a sudden to change his Diet to Melons and Cucumbers, he would most probably feel very disagreeable Effects from it: but even when the Appetite has been many Years pampered, and the Body accustomed to heating Food: yet, by Degrees, with a prudent Regulation, Step by Step, such a Method of living may be again changed to more wholesome cooling Diet. This is a Caution well worthy of Notice, as in many constitutional Disorders it is absolutely necessary to be complied with; though I am far from thinking it needful for every one who does not boast a good State of Health to submit to a Vegetable and Milk Diet; on the contrary, I am truly sensible that a moderate use of Flesh is so far from being unwholesome, that it is even necessary for some delicate Constitutions, and for all those who use much Exercise, or are required to Labour. It is not the prudent Use, but the Abuse of Things I mean to warn you against.

Of Vegetables; the Turnip, Parsnip, Potatoe, French Bean, Cauliflower and Carrot, if young and well boiled, are nutritive and of easy Digestion: To these may be added various Fruits, those especially which abound with Saccharine Juices, together with Sallads and Pot

Pot Herbs ; they are not only wholesome, but to be recommended in a particular Manner to the young and growing, and to those who have craving Appetites, because such Food will prevent them eating too large a Quantity of Flesh ; and these Vegetables being easily digested, after a full Meal pass off quickly, and leave the Stomach more at liberty to exert its Force upon that Aliment which may require more Time and Labour to subdue.

Secondly, as to Animal Food.—Here I must premise a general Rule, which seldom should be transgressed by the Infirmit: *Never eat Flesh more than once a Day, and that at Noon.* Let me next observe that plain roast and boiled, whether Butchers Meat or Poultry, is far preferable to Made-dishes ; there is Danger to be dreaded, not only from the noxious Qualities of the Ingredients used to prepare such Kitchen Poisons, but also from the Quantities devoured of them ; for these savory Scents and Tastes so quicken the Appetite, that People indulge themselves too much, disregarding the Dictates of simple Nature, ever to be observed, and which, if attended to, will generally inform us when the Stomach has received a sufficient Supply.

Animal Food, which has been any considerable Time in Salt, becomes hard, and requires more Force to break and digest, so as to render it proper for Nourishment, than weak Stomachs are capable of exerting; consequently, salted Beef, Pork, and such like Things, are improper for Children, Invalids, and aged Persons. Not that I forbid Salt, when uncombined, Salt is very wholesome to be eaten with Flesh; and in some Measure, necessary. The Stimulus which Salt gives to the Coats of the Stomach, makes them exert their Power so as to secrete more gastric Juice, and, of course, helps Digestion.

Broths of all Kinds, not thickened, are wholesome; Broths contain the Juices of the Flesh they are made from, which is the Part proper for Nourishment:—hence, although high-seasoned Gravies, prepared with burned Butter and Flour, are to be avoided, those Gravies which run out of Flesh upon cutting it after it is brought to Table, are good and nourishing, because they are nothing more than the Juices of the Meat.

Fish in general are good, particularly Shell-fish; but let us remember, that by stewing them with improper Gravies, though innocent in their Nature, they may be rendered as formidable Poisons as Ragouts and other Made Dishes.

Milk is a valuable Food indeed!—this requires little or no Labour from the Stomach; it has already passed through the most elaborate Processes, so as to render it a kind and wholesome Nourishment. This Caution, however, is necessary—*Never eat Milk with acid Fruits*—Reason tells us it is wrong, though Custom has made it a general Rule. Codlings and Milk or Cream, Strawberries, Raspberries, &c. I am convinced are highly improper to be eaten together; for mixing these acid Fruits with the Milk, is the most likely Method to make it curdle too hastily in the Stomach; of which every one who will give himself Time to think must be convinced. Almost all the Kitchen Preparations of Milk are wholesome, such as Custards, White Pots, Blamange,\* &c. Much indeed might be said upon this Head; but as it is treated at large in my Letters to Married Women, I shall beg Leave to refer my Readers to them, especially those who are desirous of knowing the Nature and Properties of Milk, and of understanding its superior Excellence.

It is a Nutriment the most simple, yet the most perfect. It requires little Labour from the Digestive Faculties, yet fully possesses every Principle of Nourishment, to give Strength to Infants, and Health to the Infirm. Would

\* From the French: *Blancmanger*.

to God that this natural and salubrious Diet was more particularly attended to ! One Thing however, let me observe ; a little Salt being sprinkled into Milk will oftentimes prevent its curdling too hastily in the Stomach, where it meets with an Acidity, and is particularly to be recommended for Children and Invalids ; in general Milk is best without boiling ; should it purge, it must be boiled. When Animal Food could not be administered, I have, with great Success, advised equal Parts of Cows Milk and thin Hartshorn Jelly, in Cases where Nutrition was an Object of the first Concern. It forms an artificial human Milk, highly proper for weakly Children, Invalids, and aged Persons.

I shall conclude this Head with a few Remarks upon Eggs. Eggs are fine Food, and highly proper, where they agree, for weak Stomachs ; but our Method of eating them is very erroneous : they certainly afford much Nourishment, and that without Labour to the Stomach ; but when heated so as to set the Yolk, they will never properly digest. Some Time since I attended a Gentleman who was troubled with a Vomiting and Purging, and notwithstanding the usual Remedies were applied, the Disorder continued very violent for many Days : he had taken a gentle Puke at the beginning of the Complaint ; but finding it would not submit to the Medicines afterwards

given, it plainly appeared to me the Cause of the Disorder was still in the Stomach, and so it proved; for, upon another Vomit being administered, a large Quantity of undigested Egg came off his Stomach, which, upon Recollection, he remembered to have eaten two Days before he was ill, and, upon its coming away, the Disorder vanished. This remarkable Instance led me to reflect upon the Nature of Eggs, and ever after made me careful, when I recommended them, to give strict Charge that they should not be boiled hard; and, indeed, the Method I have found most successful, where Patients have been much emaciated, is the following—Take a new-laid Egg, and beat it in a Basin as you would do to make a Pudding; then add half a Glass of Madeira, Mountain or Mead, to it, and let it be thus taken, with or without a Bit of Bread; by this Means it is rendered palatable, sits easy on the Stomach, and will afford good Nourishment. An Egg Custard likewise merits some Attention. This is made by adding a Coffee-cup full of Hartshorn Jelly, and a little White Wine to the Yolk of a new-laid Egg. Several Patients to whom I have recommended Eggs, that have not been able to retain any other nutritious Food, in this Manner have been supported for a considerable Time.

With respect to the Choice of Liquids—It is not an easy Matter to point out what may  
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prove most friendly to all Constitutions; our various Habits, and particular Complaints, require material Alterations occasionally to be made; but a few general Rules may be given, and some mistaken Opinions concerning our Fluids in this uncertain Climate, may be pointed out.

Let me caution every one against the too familiar Use of Spirituous Liquors; it is a most treacherous Habit that insensibly steals on the Unwary. Always measure the Spirit, and guard against encreasing the Quantity of it. Invalids frequently complain that Wine and Water turn sour upon the Stomach; this may be prevented by adding a very small Quantity of Brandy, and it is much preferable to the using Spirits with Water only. Persons subject to gouty or bilious Complaints act wisely in mixing Water even with their Wine, especially in hot Weather. In such Cases where the Habit is disposed to be costive, good Table Beer, or any mild Malt Liquor will in general prove friendly.

The Opinion of the wholesomeness of Acids, in my Judgement, has been carried too far; it is a Mistake I wish to caution Invalids against, more especially in the colder Months, when insensible Perspiration is much abated. The same Person may use acidulated Liquors with Advantage in warm Weather, who will be injured by them in the colder Season. Let  
every

every Man's Observation, therefore, direct him in the Use of Acids; for if they frequently offend the Stomach, causing Pain or Flatulency in the first Passages, I need not tell him they are unfriendly. Such a Person should lessen the Quantity, or, for a while avoid them. I must also caution Invalids, who complain of Oppression, and great Distention of the Stomach after a moderate Meal, against taking too large a Quantity of Fluids; more Inconveniencies arise from this mistaken Custom than Mankind in general are aware of.

Should the Observations contained in this Treatise prove in the least beneficial to Persons labouring under Chronic Complaints, I shall be happy to think my Time has not been ill employed; and have only the following Advice to offer, which, from Experience I have found useful, especially in Nervous, Bilious, and Gouty Disorders, attended with a weak Stomach and costive Habit.

When such Patients are not upon the Spot to reap the Advantage of Medicinal Waters, instead of drinking Tea, let them make a Cold Bath for the Stomach every Morning, by pouring into it a Tumbler of Spring Water, and an Hour or Two afterwards take their Breakfast, observing also these Maxims. *To rise early, use moderate Exercise, and not indulge the Appetite over-much.*